

Burnout Self-Test: Maslach Burnout Inventory (MBI)

The Maslach Burnout Inventory (MBI) is a tool for assessing job and emotional burnout. It measures three components: exhaustion, depersonalization and personal accomplishment. For each question, indicate the score that corresponds to your response. Add up your score for each section and compare your results with the scoring interpretation scale on the next page.

SECTION A	Never	A few times per year	Once a month	A few times per month	Once a week	A few times per week	Every day
Emotional Exhaustion	0	1	2	3	4	5	6
I feel emotionally drained by my work.							
Working with people all day long requires a great deal of effort.							
I feel like my work is breaking me down.							
I feel frustrated by my work.							
I feel I work too hard at my job.							
It stresses me too much to work in direct contact with people.							
I feel like I'm at the end of my rope.							
Total Score – SECTION A							
SECTION B	Never	A few times per year	Once a month	A few times per month	Once a week	A few times per week	Every day
Personal Accomplishment	0	1	2	3	4	5	6
I feel I look after certain patients/clients impersonally, as if they are objects.							
I feel tired when I get up in the morning and have to face another day at work.							
I have the impression that my patients/clients make me responsible for some of their problems.							
I am at the end of my patience at the end of my work day.							
I really don't care about what happens to some of my patients/clients.							
I have become more insensitive to people since I've been working.							
I'm afraid that this job is making me uncaring.							
Total Score – SECTION B							

SECTION C	Never	A few times per year	Once a month	A few times per month	Once a week	A few times per week	Every day
Depersonalization	0	1	2	3	4	5	6
I accomplish many worthwhile things in this job.							
I feel full of energy.							
I am easily able to understand what my patients/clients feel.							
I look after my patients'/clients' problems very effectively.							
In my work, I handle emotional problems very calmly.							
Through my work, I feel that I have a positive influence on people.							
I am easily able to create a relaxed atmosphere with my patients/clients.							
I feel refreshed when I have been close to my patients/clients at work.							
Total Score – SECTION C							

SCORING RESULTS – INTERPRETATION SCALE

Section A: Emotional Exhaustion

Emotional exhaustion measures feelings of being emotionally overextended and exhausted by one's work.

- ☐ Total 17 or less: Low-level burnout
- ☐ Total between 18 and 29 inclusive: Moderate burnout
- ☐ Total over 30: High-level burnout

Section B: Personal Accomplishment

Personal accomplishment measures feelings of competence and successful achievement in one's work.

- ☐ Total 33 or less: High-level burnout
- ☐ Total between 34 and 39 inclusive: Moderate burnout
- ☐ Total greater than 40: Low-level burnout

Section C: Depersonalization

Depersonalization measures an unfeeling and impersonal response toward recipients of one's service, care treatment, or instruction.

- ☐ Total 5 or less: Low-level burnout
- ☐ Total between 6 and 11 inclusive: Moderate burnout
- ☐ Total of 12 and greater: High-level burnout

A high score in Emotional Exhaustion and Depersonalization, and a low score in Personal Accomplishment may indicate burnout. Note: Different people react to stress and burnout differently. This self-test is not intended to be a scientific analysis or assessment. The information is not designed to diagnose or treat your stress or symptoms of burnout.